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DAY 2 OF METRO'S LOOK AT IMMIGRATION: EDUCATED NEWCOMERS OFTEN SETTLE FOR 'SURVIVAL JOBS' TO STAY AFLOAT PAGE 12

metro AR USE METRO AR TO WATCH NEWCOMERS TELL 'THE STORY OF US'

British Birdy learning to fly (up the charts)

metro AR

Teenage singer-songwriter on the rise. Use Metro AR to see this songbird sing PAGE 16

City taxes will subsidize suburbs for decades: CFO

Cost of growth. New communities a net drain on city's operating budget, council hears

ROBSON FLETCHER
robson.fletcher@metronews.ca

Calgary's newest suburbs cost more than they generate in new property taxes and will take decades to provide a net financial benefit to municipal coffers, according to the man in charge of the city's finances.

"It would take 21 years before a typical new community pays for itself on an operating basis," acting chief financial officer Beng Koay told city council Monday. "When capital is considered, under the current development levies structure, the subsidization period tends to last between 25 and 30 years."

In the model used to arrive at those figures, city staff defined a "typical" new community as roughly 5,000 residences housing 15,000 people, about 85 per cent single-family homes, and roughly four acres of retail development.

Coun. Peter Demong questioned some of the numbers, however, saying taxes on homes are only "half the equation" and suggested the model underestimates the benefit of business taxes generated from population growth.

Koay said the results of the model change drastically if build-out time is accelerated or more commercial development is included.

In general, Koay said "expenses appear sooner than corresponding revenue" when it comes to new developments and noted there are 22 developing communities right now in Calgary, with another 34,000 housing starts and a population growth of 78,000 projected between 2015 and 2018.

Coun. Druh Farrell said the projections highlight the need "to have a grasp" on the costs of city growth.

As an example, she said at council the average fire call costs $657 in the city core but as much as $4,660 in some new communities, according to information she obtained from the fire department.

Mayor Naheed Nenshi said "growth management" is essential, going forward.

"If we can build the same number of homes in fewer neighbourhoods and the neighbourhoods get built out more quickly … the cumulative impact on our operating budget is much less," he said. "In other words, the taxes we have to charge everybody are much less."

IS CHIVALRY DEAD ON CTRAINS?

Expectant mother Mandy Flynn has grown to expect the poor etiquette of her fellow LRT passengers. She's calling on Calgary Transit users to give up priority seating to the folks who need it. See story on page 4. BRYAN WEISMILLER/METRO

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'Transparency'

Hancock takes stand on trust fund issue

Alberta Premier Dave Hancock has asked his governing Progressive Conservative party to wind down a controversial trust fund.

Hancock told reporters Monday it's important that the $1.6 million currently sitting in the Tapcal trust fund be seen as above board.

Details of the three-decades-old fund were revealed in The National Post last week, and Hancock said he doesn't want the issue to linger.

"I don't need these distractions. Government doesn't need the distraction, and if somebody thinks something is hidden, nothing is hidden," he said.

The Tapcal fund was established in 1977 as new financing rules took effect requiring all party assets to be open to public scrutiny.

The government of then Tory premier Peter Lougheed grandfathered the fund in, exempting it from public disclosure. But while PCs did not have to publicly disclose the assets in the fund, they still had to divulge all transactions in the fund.

The party failed to do so for two decades until Elections Alberta ordered it to in 2007. The Tories have used the fund for campaign spending and as collateral for loans for elections.

Wildrose Leader Danielle Smith says there are still a lot of questions about the fund, including who contributed to it.

THE CANADIAN PRESS

Clear bags to deter cheating, theft during U of C exams

University of Calgary students in the midst of an exam will no longer have nagging thoughts of someone walking off with their valuables or sneaking a quick glance at their cellphone, says an official touting a new pilot project on campus.

Starting later this month, students heading into the Red, Gold and auxiliary gyms to write tests will be supplied with a clear bag and required to put all of their valuables inside. The bag is then placed under their chair until they've completed the exam.

"We thought it was a great idea, mostly as a service to students," said Susan Barker, vice-provost of student experience. "Usually, when you go in to write an exam, you have to leave your valuables at the front of the room or the back of the room … we thought if there was a way to allow them to have their valuables with them that wouldn't compromise the academic integrity of the exam they would be more relaxed."

But Barker conceded the bags also serve a second purpose — to crackdown on cheaters. "We owe it to the students who are honest and don't cheat to follow up on those that are suspected of cheating," she said. The U of C did not have data available on thefts or cheating during exam sessions.

JEREMY NOLAIS/METRO

The U of C will be using clear bags to combat theft and cheating during exams. COURTESY OF U OF C

Sikh Empire founder's sword coming to Canada

Homecoming of sorts. There are more Sikhs, per capita, in Canada than in India, notes real-estate tycoon who bought the relic

ROBSON FLETCHER
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Bob Dhillon almost couldn't believe it when he heard a sword belonging to Maharaja Ranjit Singh, the founder of the Sikh Empire, was being put up for sale.

"It was almost like King Arthur's sword being auctioned," the Calgary-based real-estate tycoon and billionaire told Metro. "I'm a Sikh history buff to start off with and I've read a lot about Maharaja Ranjit Singh."

Dhillon learned about the auction from an Indian newspaper while visiting the country as part of a delegation headed by Governor General David Johnston in February, and decided he must put in a bid with U.K.-based Mullock's Auctioneers.

But he said the item was taken off the block after bidding became "too frenzied" and the auction was converted to a sealed-bid process. That ultimately may have worked in his favour, as Dhillon said he put in an undisclosed but aggressive five-figure offer on the sword, outbidding more than 700 international collectors.

"I was thinking Canadian dollars, not U.K. pounds," he laughed. "I think that's why I got it."

Dhillon expects the sword to arrive from Britain next week, and he then intends to lend it to museums and educational institutions.

Bob Dhillon holds photos of his recent purchase, a sword that once belonged to Maharaja Ranjit Singh, founder of the Sikh Empire. ROBSON FLETCHER/METRO

Quoted

"It's just a great feeling that I can share this piece of history with the world, especially with Canadians, instead of having it sit in somebody's closet."

Bob Dhillon, Mainstreet Equity Corporation founder and CEO

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‘Very, very rare.’
Cops probing misfired service-issued shotgun

Authorities say a five-year Calgary Police Service officer unintentionally blasted a shotgun round into the ground during a lengthy police standoff in Forest Lawn.

The purported misfire happened at about 11 a.m., five hours after police were alerted to an assault in the southeast Calgary community.

Senior service spokesman Kevin Brookwell told reporters an investigation has been launched into the incident and the officer could face sanctions running the gamut from a reprimand to dismissal — although he stressed it’s unclear whether there was an issue with the weapon.

“This is serious,” Brookwell said. “But I can tell you that it’s very, very rare — at least in Calgary.”

Statistics were not immediately available, but he estimated such an event happens every two or three years.

In the latest case, police had surrounded the house when the misfire was declared by the officer involved. However, the standoff continued on until the house was cleared, Brookwell said.

Calgary Police Service senior spokesman Kevin Brookwell BRYAN WEISMILLER/METRO

In total, nine people were taken into custody, three of whom were wanted on outstanding warrants.

There were no injuries.

Both investigations are ongoing, Brookwell added.

BRYAN WEISMILLER/METRO

Pregnant woman urges riders to stand up for better manners

Transit travails. Mandy Flynn passed out on a CTrain vehicle after no one offered her a seat

Expectant mother Mandy Flynn recalls the desperate struggle to find an open seat before she fainted inside a LRT car.

It was a hot-and-sticky ride through downtown with rush-hour commuters piled into the CTrain vehicle. Despite being visibly pregnant and increasingly woozy, Flynn says she was ignored.

“I went to go ask a girl to move out of her seat for me and just never made it,” she said.

It was a frightening ordeal that required medical help, and it also spurred a major service disruption.

But it’s not the only time she’s questioned whether chivalry exists on the city’s public transportation system. She’s just been too “chicken” to talk about it.

Calgary Transit customer Mandy Flynn gave in to mounting frustrations Monday to speak out against the bad-mannered passengers she encounters every day. BRYAN WEISMILLER/METRO

Now — even closer to her due date — the Calgary mother decided Monday to speak out against what she describes as a daily plight.

“Nobody wants to be the outspoken one,” she said Monday. “You don’t want to be the one person out of 50 on the train that sits there and says, ‘Hey, can you move?’

“I don’t feel that’s something I should have to do when there’s priority seating available.”

Maria Doll agrees.

Doll, a certified etiquette expert at Leadership Matters, attributed an apparent decline in decency to an overall dependency on handheld gadgets — which is particularly true for transit users looking to kill time.

“It’s a basic situational awareness that I find is really lacking,” she said. “The main culprit of that tends to be our smartphones.”

In June 2013, Calgary Transit launched a yearlong etiquette campaign in which life-sized cartoon characters were plastered on buses to remind people of basic manners.

BRYAN WEISMILLER/METRO

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Vote leaves U of C radio station playing the blues

CJSW. Student support for fee increases on the decline

JEREMY NOLAIS
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Deejays at a Calgary campus radio station are spinning a sombre tune after being forced to shelve expansion plans in the wake of losing a student vote last month.

CJSW had hoped to expand its training options for University of Calgary students, develop a podcast archive and enhance the station's web presence — and all of that would have cost each student $1 a semester.

But a referendum seeking approval to bump the semester charge per learner from $5 to $6 was shot down, with 57 per cent of voters opposing pitching in the extra loonie.

The operation

CJSW operates on a $750,000 annual budget, airs around the clock, seven days a week and has six full-time employees. The station's existence traces back to the mid-1950s.

All told, the verdict will cost CJSW about $60,000 per year, said station director Myke Atkinson.

He said while the station will "keep on trucking," he fears the days of students at Calgary's biggest post-secondary supporting services they benefit from are over.

"To be honest, if CJSW was to try to start today, I don't think the students are engaged or care enough just in a general sense to make that happen — which is pretty sad in a way," Atkinson said.

But Raphael Jacob, president of the Students' Union, said the referendum results may be reflective of a larger issue.

Students voted in even greater numbers against a $35-per-semester fee to help spur a major renovation of popular on-campus centre MacEwan Hall. Plans for that project have now been scaled back as a result.

"It speaks to a bigger problem of affordability and accessibility of education, and that's something that we're always pushing on," Jacob said.

Myke Atkinson, station manager at CJSW ROBSON FLETCHER/METRO

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About 7,000 respond to Calgary financial 'Action Plan' consultation

About 3,500 Calgarians have offered face-to-face feedback on the city's financial "Action Plan" for the next four years while roughly the same number submitted their opinions online, according to a report presented to council Monday.

City staff gathered feedback from 3,367 people in public places, 3,451 users via online tools, and 170 during "ideation and focus groups," as part of their consultation process ahead of a council decision next month on financial priorities for 2015 to 2018.

Cost

$500K

The cost of the "Action Plan" consultation

But Coun. Ward Sutherland, who attended one of the in-person sessions at Market Mall, said the responses may not represent true public sentiment.

"There was a trend in the demographics of the people that were actually taking the time to stop," he said. "Families with young kids were not participating; they were just too busy."

Mayor Naheed Nenshi, however, said the consultation process was always meant to provide "qualitative data," adding that the city gathers statistically representative quantitative data through its annual citizen satisfaction survey.

ROBSON FLETCHER/METRO

U of C campus

Court sides with anti-abortion group

The lawyer for an anti-abortion group at the University of Calgary says it's absurd that a university is trying to censor free speech.

John Carpay was reacting after a Court of Queen's Bench judge ruled in favour of the group in an ongoing battle over graphic displays on campus.

THE CANADIAN PRESS

Cochrane. Man charged with sexually assaulting and exploiting teen

Police have laid charges against a Calgary man they allege sexually assaulted a teen he met online and also exploited the teen for the purposes of child pornography.

Cochrane RCMP and the Integrated Child Exploitation unit first became aware of the alleged crimes after confirming the accused, 25-year-old Peluso Galarraga, had "inappropriately communicated" with a 15-year-old online.

The revelation spurred a two-month investigation, resulted in 19 charges laid against Galarraga, including sexual assault, invitation to sexual touching, luring a child for a sexual purpose and child pornography.

Galarraga is due to appear in Cochrane Provincial Court on Tuesday. METRO

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Dianne Yee points to site plans for a new northeast Calgary high school, to be established next to the Genesis Centre, located at 7555 Falconridge Blvd. N.E. JEREMY NOLAIS/METRO

CBE unveils plan for 'community hub'

Northeast Calgary. New high school will sit next to the Genesis Centre, YMCA, library

JEREMY NOLAIS
jeremy.nolais@metronews.ca

When a new northeast Calgary high school throws its doors open in 2016 it won't feature its own gymnasium, yet officials believe it will draw top athletes from around the city.

That's because the site will be established directly adjacent to the Genesis Centre, Saddletowne YMCA and Saddletowne Public Library. Each of those venues will likely play a part in the daily lives of up to 1,500 students expected to attend the school.

The site will serve as a test balloon of sorts for the Calgary Board of Education as it works to establish schools that serve more as "community hubs."

Area director Dianne Yee said the intention is to establish partnerships. The students could, say, hone their badminton skills at the Y, while officials with the recreation centre could borrow a classroom at the school for a board meeting.

"A number of our schools are already using the (adjacent) facilities," Yee said.

Wider community

CBE area director Dianne Yee said students from other schools will be invited to spend part of their day learning at the site.

A site plan for the school indicated third parties will be invited to develop sporting fields nearby and that there is also a space for a theatre in the future. The school will also be home to top-end culinary and aviation facilities — the latter offering makes sense, given the school's proximity to the Calgary International Airport, Yee said.

RCMP

Full-time officers assigned to child abuse centres

The head of Alberta's RCMP has announced where some of the province's 40 new officers will be stationed.

The Sheldon Kennedy Child Advocacy Centre in Calgary and the Zebra Child Protection Centre in Edmonton are each getting one Mountie full time.

"Child abuse and sexual exploitations are serious crimes that require dedicated resources," said Commanding Officer Marianne Ryan on Monday.

THE CANADIAN PRESS

Ken Hughes. Minister steps down, expected to run for leadership of PCs

Ken Hughes THE CANADIAN PRESS

Ken Hughes has stepped down as Alberta's municipal affairs minister and is expected to run for the leadership of the governing Progressive Conservatives.

Hughes says more details about a potential leadership bid will be released in the coming days.

Hughes is a rookie member of the legislature from Calgary West and has also served as energy minister.

Lethbridge member of the legislature Greg Weadick will take over for Hughes.

THE CANADIAN PRESS

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Scan this photo with your Metro News app to see a photo gallery of Rwandans commemorating the 20-year anniversary of the Rwanda genocide.

A nation struggles to cope with memories of genocide

A boy takes part in a Rwandan-genocide memorial rally Monday on Parliament Hill in Ottawa. FRED CHARTRAND/THE CANADIAN PRESS

Rwanda. It's been 20 years since large-scale massacres saw 1 million people killed in 3 months

Displaying pride and pain, Rwandans on Monday marked the 20th anniversary of a devastating 100-day genocide that saw packed churches set on fire and machete-wielding attackers chop down whole families from a demonized minority.

Blood-curdling screams and sorrowful wails resounded in a sports stadium as world leaders and thousands gathered to hear of healing and hope.

President Paul Kagame and UN Secretary-General Ban Ki-moon together lit a flame at the Kigali Genocide Memorial Centre, which estimates that more than 1 million Rwandans perished in three months of machete and gunfire attacks.

In one scene, a young girl recounted the torture of a boy. Spectators screamed and the severely traumatized were carried off. By the end, Rwandan actors lay scattered throughout the field, representing the dead.

The UN chief said he hopes to reaffirm the international community's commitment to the idea of "never again," though he said genocide is still possible. Mass graves were required to bury the victims of what the government says was a long-planned killing spree that ignited after the plane of then-president Juvenal Habyarimana, a Hutu, was shot down.

Kagame's critics say that progress has been marred by an authoritarian approach.

Human Rights Watch, which Kigali practically views as an enemy organization, says civil and political rights in the country remain severely curtailed.

THE ASSOCIATED PRESS

France's role

Genocide's colonial beginnings

The French government, which Rwanda banned, was missing from the stadium. In an interview published in France Monday, President Paul Kagame accused the former African colonial power of participating in some of the genocide violence.

The ceremony highlighted the influence that white colonial masters had in setting the stage for the violence that erupted in 1994. The audience watched as white people in colonial outfits jumped out of a safari car and stormed the main stage. The wide-brim hats then changed to blue berets, worn by UN troops who did nothing to stop the carnage.

"The people who planned and carried out genocide were Rwandans, but the history and root causes go beyond this beautiful country," Kagame said. THE ASSOCIATED PRESS

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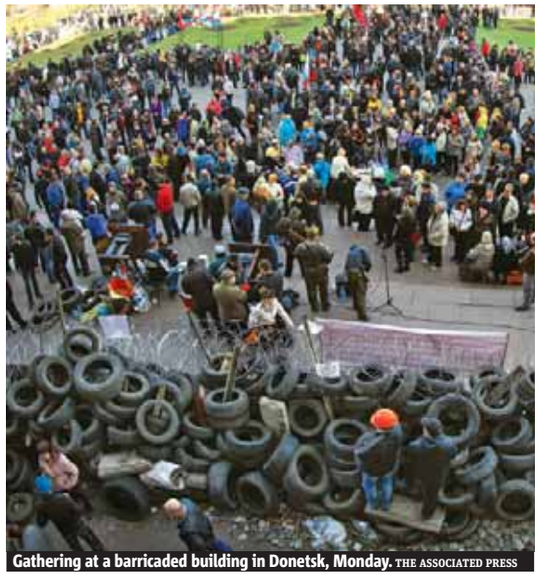
The battle for part of east Ukraine

Protests. Pro-Russians seize a building and proclaim the region around the city of Donetsk independent


Gathering at a barricaded building in Donetsk, Monday. THE ASSOCIATED PRESS

Pro-Russian separatists who seized a provincial administration building in the eastern Ukrainian city of Donetsk proclaimed the region independent Monday — an echo of events prior to Russia's annexation of Crimea. Ukrainian authorities called the move an attempt by Russia to sow unrest.

The Interfax news agency said the activists demanded that a referendum be held no later than May 11 on the possible secession of the Donetsk region.

President Oleksandr Turchinov called the events in eastern regions an operation undertaken by Russia to sow instability. THE ASSOCIATED PRESS

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Liberals win Quebec election with majority

Politics. PQ Leader Pauline Marois' future may be uncertain after failing to deliver

The doctor is in.

Philippe Couillard, a former neurosurgeon, led his Liberal troops to a majority win in the Quebec election Monday night, 18 months after the party was turfed out of power under Jean Charest.

The red Liberal tide flowed early across Quebec's electoral map, sweeping over the incumbent Parti Quebecois, which had been battered by questions about its plans for a third sovereignty referendum that most Quebecers flatly said they didn't want.

The Liberals had between 40 and 45 per cent of the popular vote, compared with less than 30 per cent for the PQ.

The Coalition for Quebec's Future, which had rebounded in support in recent days, came in a distant third.

While no pundit would be foolish enough to declare sovereignty dead, the option has likely been put to sleep for a while. Some observers have suggested it could be years, if not decades, before it is revived.

Couillard, who was a popular health minister under Charest until 2008, stoked the fears of a referendum after star PQ candidate Pierre Karl Peladeau entered the election and declared he wanted to build an independent Quebec.

PQ Leader Pauline Marois mused what a sovereign Quebec would be like for days after that, something that allowed her party to be knocked off its message to the point where it never recovered. THE CANADIAN PRESS

Quebec Liberal leader Philippe Couillard and his wife Suzanne Pilote take the stage after winning the provincial election Monday in Saint-Félicien, Que.
JACQUES BOISSINOT/THE CANADIAN PRESS

Defeated

Marois to step down

Pauline Marois is stepping down as Parti Quebecois leader after Monday's crushing election defeat. She gave no details Monday about when she will leave the party. THE CANADIAN PRESS

Homelessness

'Housing first' approach battles homelessness, saves money

New conclusions by the Mental Health Commission of Canada suggest the "housing first" approach to battling homelessness is showing real results.

The report shows more than 2,000 homeless Canadians diagnosed with mental illness have found stable housing in all regions over a two-year period.

The At Home/Chez Soi pilot project, created in 2008 following a $110-million investment from the federal government, has proven effective for people from diverse cultural backgrounds and circumstances. THE CANADIAN PRESS

Victims' rights. Justice minister: Courts should compel spousal testimony

Allowing people to refuse to testify against their spouses is an "obstacle" to getting at the truth in a court of law, says Justice Minister Peter MacKay.

Currently, under the Canada Evidence Act, spouses can refuse to testify against their partners except in certain specific cases such as sexual assaults or those involving children.

Legislation introduced last week by the Harper government would remove that right.

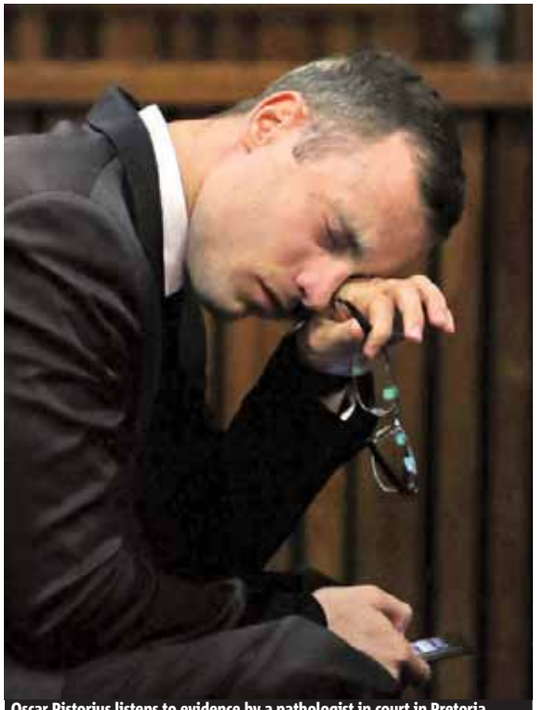
MacKay defended the move Monday at a victims of crime conference in Ottawa, calling the provision outdated.

He said courts need to compel testimony from all witnesses of crime, including spouses.

"We do not feel that spousal immunity should present an obstacle to bringing important evidence before a court of competent jurisdiction," said MacKay.

"We feel that in cases of murder, in cases of terrorism, serious fraud, if a spouse has important evidence that the court needs to consider, that evidence should be there."

Some lawyers have predicted the measure will have little impact on a system where spousal testimony comes into play in relatively few cases. THE CANADIAN PRESS



Oscar Pistorius listens to evidence by a pathologist in court in Pretoria, South Africa, Monday. THEMBA HADEBE, POOL/THE ASSOCIATED PRESS

‘I was simply trying to protect Reeva,’ Pistorius tells her family

Blade runner testifies. Double-amputee says he has been taking antidepressants and has trouble sleeping

His voice shaking, Oscar Pistorius took the witness stand Monday for the first time, testifying that he was trying to protect the girlfriend he killed and that he became so tormented by memories of the fatal shooting and panic attacks that he once hid helplessly in a closet.

Pistorius also offered an apology to the family of Reeva Steenkamp, who died from multiple wounds after the double-amputee runner shot her through a closed toilet door last year in his home. He said he mistook Steenkamp for an intruder.

“I was simply trying to protect Reeva,” the athlete said as Steenkamp’s mother, June, looked impassively at him in the courtroom. “I can promise that when she went to bed that night she felt loved,” Pistorius said.

Pistorius’ display of anguish and remorse was a marked departure from the testimony of some prosecution witnesses whose accounts painted a picture of the runner as a hothead with a jealous streak, an inflated sense of entitlement and an obsession with guns.

Pistorius, 27, spoke in a soft, quavering voice at the start of his testimony, forcing Judge Thokozile Masipa to ask him to speak more loudly.

Defence lawyer Barry Roux, who had aggressively challenged prosecution witnesses since the trial began March 3, led Pistorius gently through events in a life that was held up, in the runner’s heyday, as an inspiring tale.

THE ASSOCIATED PRESS

Quoted

“I climbed into a cupboard and I phoned my sister to come and sit by me, which she did.”

Oscar Pistorius, describing at his trial in South Africa how he hid in a closet after waking up in “a panic” one night.

Halifax

Impaired driver had two kids in car: Cops

Police in Halifax say a 36-year-old woman driving with two kids in her car, including an eight-month-old infant, has been charged with impaired driving for being five times over the legal blood-alcohol limit.

Halifax RCMP say an officer saw a car stopped in the middle of Forest Hills Parkway in Cole Harbour around noon on Sunday.

The driver was immediately arrested for impaired driving, and police say when she provided breath samples, came in at five times above the legal limit.

An eight-month-old infant and an 13-year-old child were in the car. Police say arrangements were made for the children to be put in the care of someone else. METRO IN HALIFAX

Cancun, Mexico

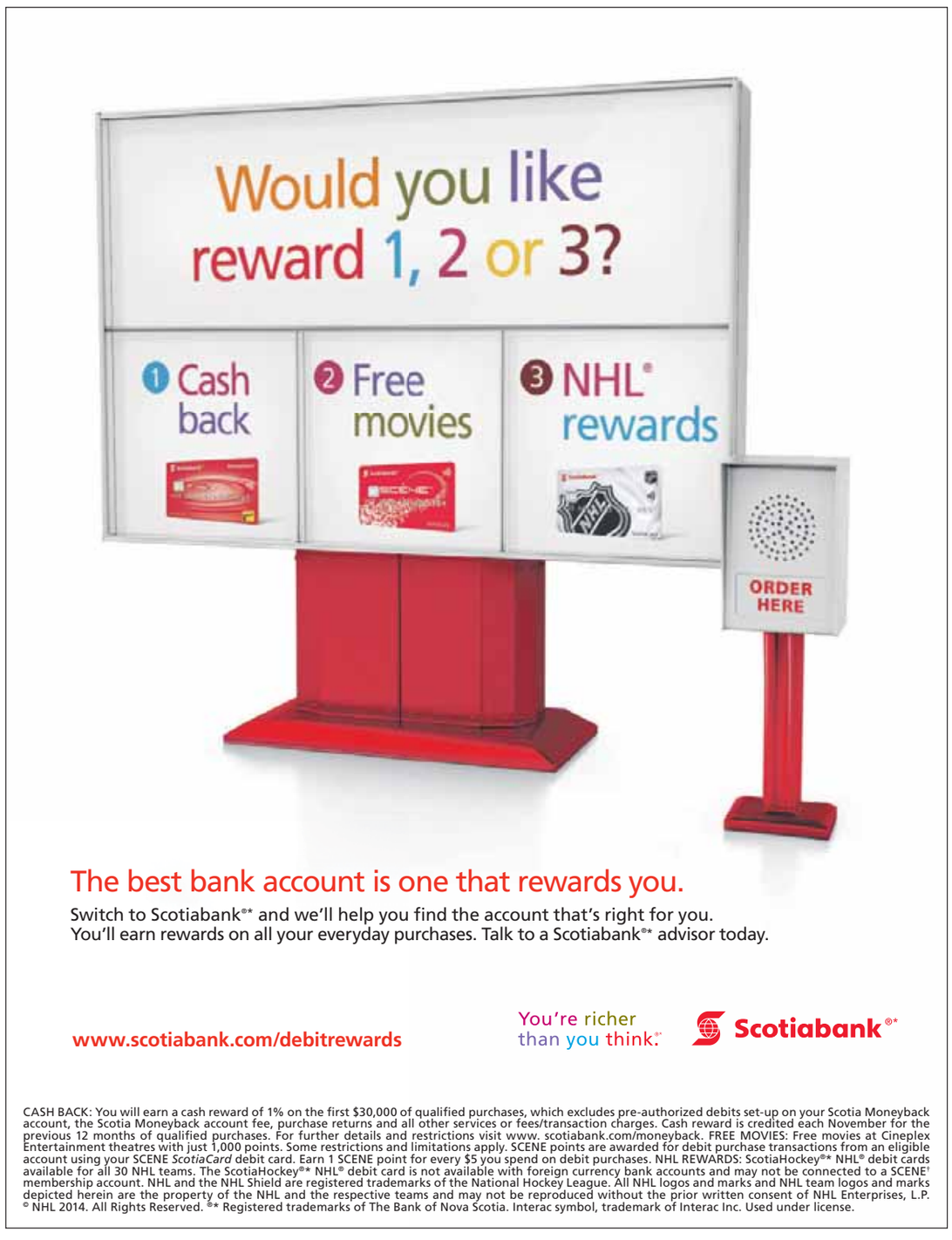
Man on vacation drowns saving boy from rough surf

A western Pennsylvania man has drowned while saving a young boy caught in rough surf while the man was vacationing in Cancun, Mexico.

Fifty-year-old Jeff Brown, of Farrell, was vacationing with his girlfriend, Tracy Duez, and other couples.

Duez’ sister, Wendy Donner, says Brown entered the water to save the boy even though there were red flags on the beach warning of a dangerous undertow. Witnesses say Brown helped the boy onto a life buoy but was himself caught in the undertow and died.

The J. Bradley McGonigle Funeral Home staff are working to fly Brown’s body home. THE ASSOCIATED PRESS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See that symbol? It means you can scan this image with your Metro News app to see a video clip featuring more immigrants who've made Canada home.

CANADA CAN'T ALWAYS GET WHAT IT WANTS

Our nation prefers immigrants from specific professions, but most don't fit the narrow bill, and face challenges seeking employment.

Shirley Edwards, 50, born in the U.K., isn't exactly the kind of immigrant Canada's looking to attract. She was forced to reinvent herself to find success in the country. CONTRIBUTED

The Story of Us
Immigration in Canada

Adaptability. Many educated newcomers must reinvent themselves in order to find success

MIKE DONACHIE
Metro in London, Ont.

Engineers. Give us engineers.

That's the message that flashes before the eyes of any immigrant who takes a look at the list of 24 "eligible occupations" on the website of Citizenship and Immigration Canada, the federal government agency charged with making sure Canada gets the immigrants it needs.

And there are many types of engineers: Civil, mechanical, mining, petroleum, aerospace and geological. Then there are the medical lab technologists, physiotherapists, sonographers and similar health care workers. Land surveyors are on the list, too, and computer programmers.

Those 24 eligible occupations, each with 300 spaces to fill every year, will get you into Canada as part of the federal skilled worker (FSW) program, even if you don't have a job lined up.

But, instead of a large crop of engineers, Canada's attracting more immigrants along the lines of people like Shirley Edwards.

A highly qualified teacher from the Carlisle in northern England, Edwards came to Canada in 2005, and, simply put, it's been a struggle.

The Calgary resident gained entry to Canada as the wife of a police officer who was headhunted in England, and thought that, with vast experience and two degrees, she would find a job here easily.

She was wrong.

After six years, she had applied for 400 jobs that suited her qualifications and had been invited to exactly zero interviews.

"I gave myself three months, and, if I hadn't found something in three months, I would have to go back to the U.K.," said Edwards, 50, who was by then single and working what she called "a survival job" in a retail store.

What she found was she needed to, in a word, "Canadianize" herself to succeed.

With help from the Calgary Region Immigrant Employment Council, a non-profit that specializes in helping skilled newcomers find the right role, Edwards learned a lot.

She started networking and volunteering, and made her resume "more Canadian," changing small things like her British email address.

Eventually, it worked.

Now, she's using her skills at the Bredin Centre for Learning, which helps immigrants find jobs.

And on March 26, she and her 12-year-old son took their oaths to become Canadian citizens.

"People need to accept that they will not be working in the place they expect," Edwards said.

So, does the reality of economic immigration reflect the government's desire? In a word: No.

A breakdown of last year's 257,887 new permanent residents by occupation, obtained from the CIC, shows that just 65,330 were qualified in the government's much sought-after list. Another 12,609 were clerical workers, labourers or something similar.

The rest, some 179,948? They were classified as "other."

"Other contains a diverse range of occupations," said a CIC spokesperson. "For example, it could be a spouse (a homemaker) and two children of a principal applicant, or it could be individuals admitted through a software pilot program, or whose occupation is not captured in National Occupations Classifications."

Whatever the explanation, it's clear that most people coming to Canada aren't engineers.

Brain waste

The selection process

Sociology professor Jeffrey Reitz, of the Munk School of Global Affairs at the University of Toronto, thinks Canada has the wrong focus when it comes to immigrant employment.

Because most immigrants' work experience doesn't match the list of jobs the government wants filled, the focus should be instead on getting more newcomers' qualifications validated, he says.

He studied trends in the success of immigrants with university degrees and discovered that educated newcomers are facing increasing difficulty in landing professional or management jobs.

He found that 70.7 per cent of educated, Canadian-born men were in a high-level occupation in 1996, but only 50.4 per cent of immigrant men with similar backgrounds could say the same. By 2006, that figure for Canadian-born men was similar, but for immigrants it was down to 43.5 per cent.

Reitz calls it "brain waste."

"Part of the concern is that, since about 2005 or (2006), we've shifted away from focusing on the problem by selecting immigrants differently, getting away from university education and trying to get immigrants who already have jobs to come into the country."

Reitz wants to see more services that validate the qualifications immigrants already have.

For example, the organization World Education Services will certify credentials for $115, and helps about 10,000 people a year. Mentorship programs and "bridge training" offered by groups like the Toronto Immigrant Employment Council also help get newcomers on track to find work. MIKE DONACHIE/METRO

THE STORY OF US: IMMIGRATION IN CANADA, TOLD IN FIVE PARTS

Day 1 1
Change and effect

Day 2 2
What Canada wants vs. what it gets

Day 3 3
Where we come from, where we go

Day 4 4
Happy times, hard times

Day 5 5
The future and beyond

Online
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800 Canadians Own Property in Ecuador!

WHY?

"*Because we can!*" responds William Burgel, who recently purchased one of the 1600 home sites from the Canadian company HolaEcuador. "*With prices like that we can finally afford a property in the south.*"

"*Prices start at $15,000 for a lot and $55,000 for a nice little beach house. For $120,000 you can own a luxurious home that would easily cost $300,000 or more in Canada.*"

"*It's an ecological Canadian project, with all the amenities included. Electrical, water and sewage, internet, on-site security, pools, parks, tennis courts, and more – they really thought of everything,*" he adds, visibly proud of his acquisition.

One of the beautiful homes being built by HolaEcuador

But perhaps most attractive for property owners: the ocean! The project is situated on one of the 3 most beautiful beaches of Ecuador, directly in front of the 'Mini Galapagos' island in the Machalilla National Park.

The owners benefit from a half kilometer of private beach and enjoy the constantly warm and pristine waters of the Pacific Ocean – and without annoying algae or jelly-fish. It's one of the main reasons that we decided to develop at this location," says Yves Cormier and Gordon Poole, the Canadian co-owners of HolaEcuador.

ECUADOR?

"*Ecuador has long been a well-kept secret, but tourism in the country is growing rapidly. It's the Costa Rica of 15 years ago,*" affirms Mr. Poole.

Ecuador has more than just beautiful beaches – it's perhaps the most bio-diverse country in the world! Within reach of a day trip are the Amazon rain forests and the incredible Andes mountain chain. And of course, the world famous Galapagos Islands.

All of this to offer, and with incredible infrastructure to boot. Gorgeous new highways (without potholes!), high-end, accessible healthcare, a secure and safe environment and an extremely low cost of living. In fact, Ecuador has the **lowest cost of living in all of the Americas!** A taxi in town costs only $1 and a daily lunch special in a seaside restaurant is rarely over $3.

From June through October 12,000 humpback whales come to play in the warm and safe waters directly in front of HolaEcuador's beachfront development.

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Goodbye snow, hello Pacific!

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Study

Canadians hanging up on landlines, TV

More Canadians are abandoning traditional telephones and TV services, reflecting a growing trend prompted by changing lifestyles, according to a new study.

The Convergence Consulting Group said by the end of this year it expects 26.3 per cent of Canadian households will be going without landline telephones and relying solely on wireless services.

THE CANADIAN PRESS

Market Minute

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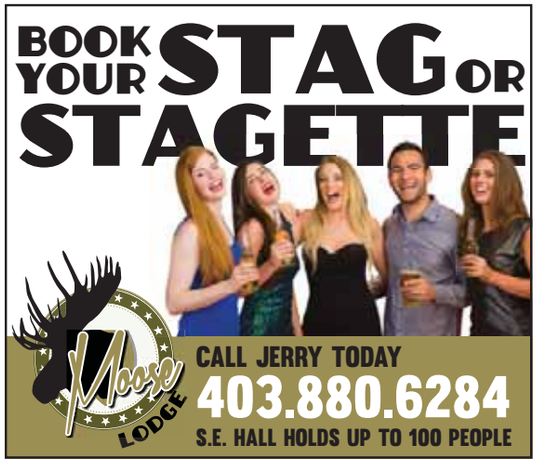

Airline complaints drop despite rise in late flights

Report. While griping is a national pastime in the U.S., few bother to lodge official complaints

A Delta Airlines jet passes an American flag during take-off at Los Angeles International Airport (LAX). DAVID MCNEW/GETTY IMAGES

A big drop in customer complaints helped U.S. airlines post their best ratings ever even though more flights were late and more bags were mishandled, according to a report released Monday by university researchers.

Virgin America topped the ratings, and three regional airlines scored at the bottom.

Among the four biggest airlines, Delta ranked best, followed by Southwest, American and United, according to researchers from Wichita State University and Embry-Riddle Aeronautical University.

The researchers have graded airlines since 1991 on government figures for on-time performance, mishandled bags, bumping passengers, and complaints filed with the U.S. Department of Transportation.

One of the report's authors, Wichita State business professor Dean Headley said the drop in complaints might also reflect "a certain amount of resignation" that "it's never wonderful for airline passengers."

It's not clear that the researchers captured the mood of travellers. No matter how much people gripe about airlines, very few of the millions of fliers file a complaint with the government.

The Department of Transportation, or DOT, received just 9,684 complaints last year after getting 11,447 in 2012.

THE ASSOCIATED PRESS

Key report findings

- **On-time performance:** Airlines operated 78.4 per cent of their flights on time in 2013, down from 81.8 per cent in 2012.
- **Bag handling:** The rate of lost, stolen or delayed bags rose 5 per cent.
- **Bumping:** The rate of bumping passengers from flights fell 8 per cent.
- **Complaints:** Consumer complaints to the government dropped 15 per cent in 2013 after rising 20 per cent the year before.

Taco Bell tries to crack McMuffin fans

Taco Bell aims to eat into McDonald's breakfast profits. GETTY IMAGES

Taco Bell is taking another jab at McDonald's in a new ad for its breakfast menu in the U.S.

The fast-food chain will begin airing a TV spot that is set to the tune of Old MacDonald Had a Farm and shows a man who has been eating Egg McMuffins since 1984. After trying Taco Bell's breakfast, the man trims his mullet, switches to tighter pants, gets a smartphone and takes down his Loverboy poster.

It's a followup to another ad, which featured real-life men named Ronald McDonald professing their love of Taco Bell's breakfast. If Taco Bell seems fixated with McDonald's, it's with good reason; McDonald's has long been the heavyweight in the fast-food breakfast category, with 31 per cent of the market, according to food-industry researcher Technomic.

Whether the strategy of going after the No. 1 player so directly translates to sustained sales is yet to be seen. McDonald's breakfast has been hugely popular since it rolled out the Egg McMuffin in the early 1970s, and getting people to think of Taco Bell as a place to get breakfast won't be easy.

Wendy's, for instance, has retreated from plans to expand its breakfast menu after testing the offering in select locations.

"We knew we had to have a disruptive marketing campaign," said Chris Brandt, Taco Bell's chief marketing officer, in a phone interview.

Taco Bell's breakfast menu is also fairly limited compared with McDonald's, which now includes oatmeal and the option to substitute egg whites in breakfast sandwiches. But Brandt said the company has additional offerings in development. THE ASSOCIATED PRESS

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NO, DIVORCE IS NOT LIKE DIETING

SHE SAYS

Jessica Napier
metronews.ca

Gossip magazines would have us believe that celebrities are "just like us," but the truth is quite the opposite. Sure, they might pump their own gas or shop at Whole Foods from time to time, but few of us plebs will ever truly live life like the rich and famous.

So when Gwyneth Paltrow recently ended her 10-year marriage to Coldplay frontman Chris Martin, she didn't release a statement regarding an impending divorce or separation; she took to her lifestyle blog GOOP to announce that they were "consciously uncoupling."

It should come as no surprise that Paltrow, a woman known for her impossibly healthy diet and unattainable lifestyle, even does breakups better than the rest of us. The term conscious uncoupling implies an enlightened and amicable process free of all of those messy emotions us regular humans have to deal with.

Always the trendsetter, Paltrow encourages her GOOP disciples to pursue this highly evolved approach to divorce. For just $297, you too can enrol in an online course that will teach you how to separate like the stars. Relationship guru Katherine Woodward promises to guide participants through a five-week program designed to "release the trauma of a breakup, reclaim your power and reinvent your life."

Call me cynical, but I don't really buy into this New Age philosophy of an elegant and spiritually fulfilling divorce. Ending a long-term relationship is a complicated and extremely personal journey, and Paltrow's conscious uncoupling seems to oversimplify the process.

Trying to turn something as traumatic as a divorce into another item for your lifestyle blog seems to undermine the seriousness of the matter. A breakup announcement shouldn't be a tidy little note sandwiched between advice on buying the perfect pair of jeans and a recipe for three-bean salad.

I personally subscribe to the everything-in-moderation theory. That goes for junk food as well as raw emotions. Sometimes you just have to feel your feelings and, yes, that can result in toxic behaviour such as finishing a bottle of wine by yourself while creeping through your ex's Facebook profile.

Of course, excessive alcohol consumption and wallowing in self-pity are not GOOP-approved behaviours. Paltrow has transformed herself into an aspirational — and lucrative — lifestyle brand. She preaches regimentation that few of us could ever hope to achieve. She has a sculpted yoga-made body, a fridge meticulously stocked according to macrobiotic ratios and all of her chakras in alignment.

But emotions are not gluten: You can't simply go on an elimination diet and detoxify your mind. Experiencing feelings of sadness and grief at the dissolution of a marriage are totally normal and healthy, even if they don't align with Paltrow's Zen-like approach to living.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

It's a mammoth of a task

BUDDHIKA WEERASINGHE/GETTY IMAGES

Canadian sculptor hones her skills

Canadian sand sculptor Karen Fralich finishes Mammoth Under the Glacier, an installation at the Sand Museum in Tottori Dune in Tottori, Japan. The seventh annual sand sculpture exhibition hosted by the world's first sand museum features the theme Russia, marking the 2014 Winter Olympic Game in Sochi. The exhibition is open from April 19 to Jan. 4, 2015. GETTY IMAGES

A dirty job

Fralich first started sculpting pottery clay at the age of 14 at a studio in Guelph, Ont.

- She developed her sculpting skills for 11 years, making small animal figurines.
- Eventually she was hired by a professional sand sculptor to create visuals for a mall exhibit.
- For the next four years, she learned everything she needed to know about sand sculpting, while working full time in the food service industry.
- In 1998, she entered her first competition and soon after began working as a freelance sand sculptor full time.
- She's a three-time world champion sand sculptor.

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MetroTube

Scenery not so static in New Zealand

ANDREW FIFIELD
metronews.ca

If you happen to be bobbing in open ocean, it's good to know what a dorsal fin is attached to before deciding to drift over for a closer look. Especially if, like the surfers who saw this, you happen to be in New Zealand waters, where the orca population is around 200. Happily for them and us, everything worked out beautifully here. (Via YouTube user wackedcat)

GETTY IMAGES

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See that symbol? It means you can scan this image with your Metro News app to see a video of Birdy's song Light Me Up

Shy Birdy no longer waiting in the wings

Teen songbird.
U.K. singer's career soars on the strength of her fragile songs

EMILY LAURENCE
Metro World News in New York City

Seventeen-year-old British singer-songwriter Birdy. BOO GEORGE

She's an unlikely celebrity. Birdy, whose real name is Jasmine Van den Bogaerde, has to be prodded a bit to perform and is too shy to make small talk with the crowd. But when she sings, people listen. Like Lorde, she represents a new type of pop star — one that's less shiny, yet can't help but capture your attention.

"I love that there's such a range of pop and alternative music on the charts," Birdy tells us over the phone from Berlin, where she's performing at the Echo Awards. (She won Best International Rock/Pop Artist later that night.) She admits to listening to Taylor Swift just as much as Bon Iver, whose song Skinny Love she covered. The result catapulted her to fame.

"That song is so fragile and it reminded me of songs that I write. I really connected to it," she says.

Birdy released an album of cover songs in 2011 with her take on artists like Phoenix and Death Cab for Cutie. Now, she's releasing an album of her own original music this summer, which she is currently on tour promoting.

Original music

"I didn't want to write about anything really personal, but I ended up doing it because it's hard to get around it." U.K. singer Birdy

"Releasing my own original music is both exciting and scary," she says. "The past few years have been full of new experiences and challenges, which I wrote about. (At first), I didn't want to write about anything really personal, but I ended up doing it because it's hard to get around it." Birdy says that when she composes, the music often comes to her before the words do; she also explains that her songs are more about a feeling than a story.

Though her work is more ethereal and less bubble-gum pop, Birdy insists that she's a typical One Direction-loving teen. Still, most high schoolers can't brag about having a song on The Hunger Games soundtrack or collaborating with Mumford & Sons.

But despite her accolades, and perhaps in spite of her shyness, Birdy says the biggest highlight of rising fame for her has been travelling to Australia and playing to sold-out crowds.

Striking a pose

Besides the stage, you can also see Birdy on billboards; she's the latest model in Gap's new campaign. It looks like this songbird is beginning to spread her wings.

Review

The Hobbit: The Desolation of Smaug

Director. Peter Jackson

Stars. Martin Freeman, Evangeline Lilly, Orlando Bloom, Richard Armitage

A child's tale becomes more of a grown-up's in The Desolation of Smaug, the fire-breathing second chapter of Peter Jackson's ongoing screen trilogy based on J.R.R. Tolkien's The Hobbit.

Reluctant hobbit hero Bilbo Baggins (Martin Freeman) finds his courage and his possible curse, the latter threatened by the enchanted ring that will fuel further Middle-earth adventures.

Bilbo's still in the company of 12 dwarf warriors, led by exiled Prince Thorin Oakenshield (Richard Armitage), and they're joined by elf archer Legolas (Orlando Bloom), who isn't supposed to appear until the following The Lord of the Rings trilogy, as well as elf wonder woman Tauriel (Canada's Evangeline Lilly), an entirely new creation designed to add a needed jolt of estrogen to the proceedings.

It's a lot to take in, yet it serves to move the story forward, making us anticipate this fall's final chapter and confrontations.

PETER HOWELL

Peaches' death another tragedy for Geldof

With her mum Paula Yates

The last tweet Peaches sent was on Sunday, when she posted a photograph of herself as a toddler with her mother and the caption: "Me and my mum."

Peaches Geldof, the wild-child second daughter of concert organizer Bob Geldof who filled the pages of British tabloids with her late-night antics as she flirted through the fashion and celebrity world, was found dead Monday at age 25.

There was no immediate word on the cause of her death at her home in Wrotham, Kent, southeast England but police called it "unexplained and sudden."

Peaches was only a girl of 11 when her mother Paula Yates died of a drug overdose in 2000 and those who knew her said it hit her extremely hard.

Her father and family issued an anguished statement Monday about her death.

"Peaches has died. We are beyond pain. She was the wildest, funniest, cleverest, wittiest and the most bonkers of all of us," Geldof said. "Writing 'was' destroys me afresh. What a beautiful child. How is this possible that we will not see her again? How is that bearable? We loved her and will cherish her forever."

In an interview with the Guardian in 2009, Peaches acknowledged that she used drugs before but said she had stopped.

"'Yeah, I've taken drugs. Yes, I have had experiences, and a few of those experiences were unsavoury, not ones I want to repeat, but I was growing up. I wanted the experience," she told the paper.

Peaches was married twice and leaves behind two sons, 23-month-old Astala and Phaedra, 11 months.

THE ASSOCIATED PRESS

A pregnant Peaches Geldof with her husband Thomas Cohen and their son Astala in 2013. ZSL LONDON ZOO VIA GETTY IMAGES

Actor is living a teenage dream

Tye Sheridan. At 17, this young thespian has already starred opposite a handful of Oscar winners

NED EHRBAR
Metro World News in Hollywood

Tye Sheridan stars in the darkly comic tale Joe, alongside Nicolas Cage. CONTRIBUTED

Tye Sheridan may be one of the busiest teenagers in film. After an attention-grabbing start in 2011's The Tree of Life and 2012's Mud, 17-year-old Sheridan now stars in Joe — David Gordon Green's offbeat, darkly comic tale about a teenager (Sheridan) who befriends a surly ex-con (Nicolas Cage). Plus, Sheridan has four more films in the can, all set to come out this year. Somebody's a bit of an overachiever.

You got to take this film to a bunch of international festivals last fall. How did the reactions differ?
It's weird watching it with a foreign audience because they don't get a lot of the American humour. It's not just this demented, dark drama. When we screened in Venice or Deauville (I can't remember which), I was sitting on the second balcony, so I could see down into the audience and there was a group of old ladies that came to see the film and when [Nicolas Cage] beats up the wino, six old ladies just get up and walk out of the theatre. It was kind of funny to watch.

What are you looking for in future roles?
I don't know, anything that gives me a challenge. Anything that I have passion for, that I love the material. I worked on a film called Grass Stains last summer with a writer-director named Kyle Wilamowski, and he's been working on this for, like, eight or nine years, and this is his first feature. It's always fun to work with someone like that because you know they've put their heart and soul into the project. I love doing small, independent stuff because this is what people really care about. And I just did a film called Dark Places. It's an adaptation of a novel by Gillian Flynn. My character is convicted of murdering his family, so it's going to be really dark. He's kind of satanic, too.

Is there ever any consideration about your age as far as what subject matter is OK and what isn't?
You know, that's one of the coolest things about acting, I think, that you can be someone you're not. I mean, that's not you on the screen. Some of these characters are nothing like me. I'm not violent at all. I've never been in a fight. And it's like, every film that I've been in I've gotten into some kind of fight. It's cool because it gives you a challenge and you get to experience things that you normally wouldn't in your own personal life.

And it tells you a lot about how people perceive you.
Yeah, definitely (laughs).

You've already worked alongside the likes of Nicolas Cage, Matthew McConaughey, Brad Pitt. Any dream co-stars still on your list?
I want to work with James Franco, just because he's such a mystery man, you know? What is he? Is he a director, a writer, an actor? An artist? He's a cool guy.

One to watch

- **Born.** November 11, 1996 in Elkhart, Texas.
- **First feature film.** Tree of Life, where he starred alongside heavyweights Brad Pitt and Sean Penn.
- **Next up.** Tye Sheridan just finished a film called Dark Places with Charlize Theron and Chloe Grace Moretz.

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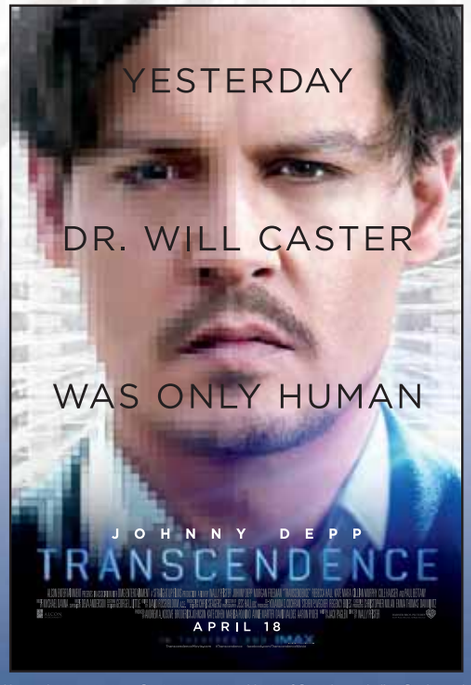

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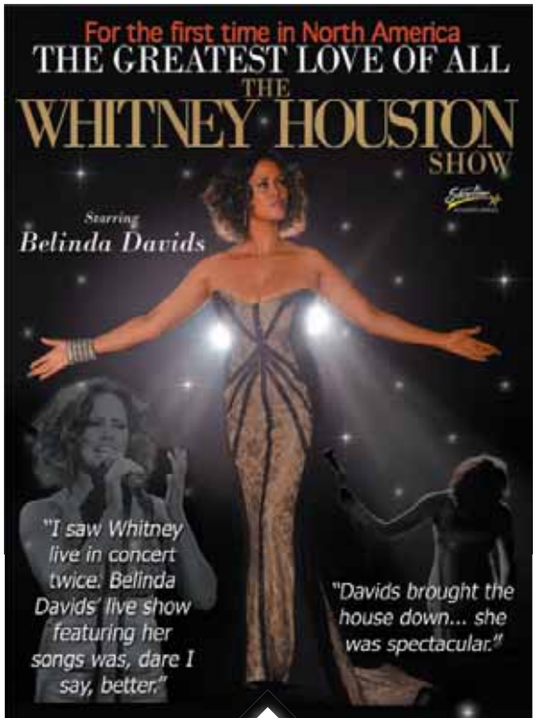
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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Maisie Williams says Arya Stark is rotten inside

MELINDA TAUB
Metro World News

It's tempting to keep defending little Arya Stark, who's one of the closest things to a protagonist that Game of Thrones has. But (spoiler alert) as those who saw Sunday night's season premiere know, Arya is well on her way to becoming a stone-cold killer. Even Maisie Williams, who portrays Arya, says her days of being a sweet kid are behind her.

"This year, at the end of Episode 1, just when you thought things were going downhill, you're treated to an Arya whose heart is now black, and she's rotten on the inside," Williams told the Daily Beast.

Having lost both parents and (she believes) all her brothers, Arya's transformation is understandable — but, Maisie says, it may also be irrevocable, even if Arya gets good news. "Even if Arya knew that Sansa, Bran, Rickon and Jon Snow were alive, I feel like she'd just go, 'Cool ... good luck,'" she says.

Richard E. Grant's 'naughty' tweet from the Downton Abbey set

Downton Abbey creator Julian Fellowes is all about decorum and manners, and that sometimes means setting limits for his actors on things like Twitter.

"We had to explain to the cast about the dangers of tweeting as no one realized how interested everyone was in the show," he tells the Telegraph.

"You're in a bubble when you're filming. You're just tweeting these nice things and you don't realize there are millions of people worldwide trying to pick up the plot."

Someone apparently didn't get the memo, though, as new cast-member Richard E. Grant tweeted a photo of himself in costume on the Downton Abbey set. "He's very naughty," Fellowes says.

Richard E. Grant tweeted this photo of himself on the set of Downton Abbey. TWITTER

Kevin Spacey GETTY IMAGES

Kevin Spacey doesn't want a part in your crappy movie

Kevin Spacey has certainly earned the right to be picky about his acting gigs. Just ask him. "Unless it's a really significant role, f—k off. I'm not playing someone's brother. I'm not playing the station manager. I'm not playing the FCC chairman," he tells the Hollywood Reporter in a rather candid interview.

"There are a lot of people out there who offer roles to actors because they'll elevate their movie to a place the movie would never reach. They offer them a s—load of money for a crap part, but it doesn't make the movie any better. And I'm not interested in elevating someone's crap movie."

Is Naomi Campbell attracted to Magneto?

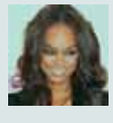
Naomi Campbell is about to make millions of women — not to mention more than a few men — jealous, as the supermodel is reportedly dating Michael Fassbender, star of 12 Years a Slave, Shame and X-Men: Days of Future Past, according to U.K. daily The Sun. Sources spotted the pair recently meeting up at London restaurant Coya, where they didn't shy away from public displays of affection. Campbell and Fassbender were "openly hugging and kissing," a source says. "At one point, they even started snogging."

Naomi Campbell GETTY IMAGES

Twitter

@lenadunham
Mickey Rooney got all the best babes despite being short as hell. #RIP beautiful man

@KChenoweth
The only good thing about being stuck in bed is starting #GameOfThrones. Now addicted.



@tyrabanks
Just so you know, no one...I mean NO ONE comes between me & my BBQ ribs!

Taking fitness to the next level

You're going to the gym religiously and loving it, but something seems to be missing. It may be time rethink the way you look at exercise by adding new elements to your routine. The experts break down the benefits of rounding out the way you work out.

IZABELA SZYDLO life@metronews.ca

Massage therapy

"Before you start training, massage therapists can identify areas of weakness through a thorough assessment," says Omar Lunan, a registered massage therapist (RMT) and owner of the Toronto-based mobile massage therapy clinic Core Care Wellness Centre (corecarewellness.ca). "Treating structural imbalances can eliminate pain and help focus on other areas that need strengthening. Delayed onset muscle soreness and slight inflammation are common post-workout concerns. Massage can decrease lactic acid build-up by increasing local circulation to muscles, decrease inflammation and directly affect muscle tone. If your range of motion isn't Olympic standard, which for most people it isn't, identifying if the restriction is neurologically based will allow an RMT to employ passive, active or resisted types of stretching to change muscle length and allow for more freedom. After a workout, a relaxation-focused treatment can ensure a good night's rest, essential for post-workout repair."

Meditation

"Yoga offers many physical benefits — increased strength, improved flexibility, stress relief — but students often discover that the greatest side effect of yoga is how it benefits the mind," says Annabel Fitzsimmons, a yoga instructor with 15 years of teaching experience, who can be found at annabelfitzsimmons.ca. "At its core, yoga is about creating awareness and heightening the mind-body connection. As we pay close attention to alignment and the physical sensations of each posture, and become conscious of the breath and its effect on the body, we train our minds to let go of the distractions that constantly fill our heads. Through yoga we can experience a meditation in motion, letting the mind become focused and calm as we move from posture to posture."

Cardio and resistance mix

"To maximize fitness levels, having a balance of cardio and weight training in your fitness regimen is key," says Christian Alvarez, fitness director at Toronto's Strength-N-U fitness facility (strength-n-u.com). "Lifting weights prior to doing cardio ensures that glycogen (the body's readily available energy source) is depleted so stored energy (fat) is used immediately after. Safely pushing your limits with a routine that includes cardio and resistance will directly affect muscular and cardiovascular strength, and endurance. This means less fatigue and the ability to train faster, longer and harder. Because the heart is also a muscle, the increased output of blood increases the 'pump' feeling while weight training, resulting in burning more calories per workout and an increase in your metabolism for the day."

Cleanse

"Weight loss is 80 per cent food and 20 per cent exercise but it is 100 per cent about how you feel. Bloating and digestive discomfort make your pants fit poorly and your self-esteem take a nosedive. So, I always suggest that clients 'cleanse,' but not with liquid diets. What works is removing or reducing foods that contain baker's yeast (which can cause bloating) and adding chia. This super-powered seed swells to absorb water in the bowel and gives you a solid happy, um, 'go.' A flatter tummy is more motivating than a liquid cleanse that can cause too many uncomfortable trips to the toilet. Start with a teaspoon sprinkled on breakfast and build up to a tablespoon each day. You will also help curb the appetite that can actually increase when you start a gym routine," says nutritionist Theresa Albert of myfriendinfood.com.

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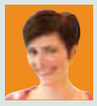
A stew that doesn't discriminate

Healthy Solutions

The most wonderful time of the year



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It's beginning to look a lot like Community Supported Agriculture (CSA) season!

Ever popular in farming communities and springing up everywhere in cities, a box of seasonal veggies, fresh from the farm, is a welcome part of our growing season. There is nothing like knowing the person who planted, coaxed to life and harvested your food. To see the grimy hands (sorry, farmers, but it's true!) that spend hours in the earth for your health and enjoyment corrects the perspective on how much food should cost and where it should comes from.

The only objection I have ever encountered to ordering a CSA box is the foods that can arrive at your door that are completely new to you. Not knowing how or what to cook can be an issue. Keep these rules in mind:

- Most root vegetables are interchangeable in recipes. If yours calls for turnip and you only have some gnarly Jerusalem artichoke or parsnips, use them.
- Cut the leaves off everything as soon as you get them. Store them separately and use them as you would any dark leafy green: in salad or sautéed. Carrot tops, beet tops and radish tops are all edible and delicious!
- Don't rinse greens until you are about to use them. Then, spin them well and store with a paper towel in plastic in the crisper.
- Kale, spinach and chard are also interchangeable either raw or cooked. One exception is that collards take a little longer to cook and are too tough to be eaten raw.
- Any herb can be blended with olive oil and stored in ice cube trays. Then a freezer bag will hold them until you are ready to stir them into any soup or sauce.

Google "CSA" in your area. It will force you to experiment with new recipes and expose you to new nutrients.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Any Vegetable Coconut Stew. Throw in leftovers, favourites and any other veg you may have in your crisper for a hearty meal

THERESA ALBERT
Metro World News

FLASH FOOD

From your fridge to your table in 30 minutes or less

You know how you end up with a bunch of stuff in the fridge and you don't know what to do with it?

This Any Vegetable Coconut Stew is great for vegetarians, vegans, gluten-free peeps as well as the rest of us hungry and hurried.

Feel free to add leftover chicken, beef or pork to bump up the protein. No need for rice because there are plenty of starchy carbs in the roots.

Any root vegetable can be used in combo to about six cups chopped. Peel rutabaga, Jerusalem artichokes and parsnips but leave peels on potatoes, carrots, turnips and sweet potatoes.

Any green can be stirred in at the end: kale, spinach, chard, beet greens or even zucchini.

This recipe serves four. THERESA ALBERT

Ingredients

- 1 tsp grapeseed oil
- 1 onion, chopped
- 1 tbsp curry powder
- 2/3 cup cashews
- 1 small sweet potato
- 1 parsnip, peeled
- 1 large turnip
- 1 can coconut milk
- Dash hot sauce, to taste
- 1 cup chopped kale (or spinach, chard or beet greens)

1. Heat a large pot over medium heat, add the grapeseed oil then chopped onion and stir for 3 minutes until softened and slightly browned.

2. Stir in the curry powder and then the cashews. Allow that to cook for about 2 minutes.

3. Chop the small sweet potato, peeled parsnip and turnip and add all of them to the pot.

4. Pour the can of coconut milk and hot sauce (your favourite) and cover the pot to simmer for about 10 minutes.

5. Stir in the chopped kale or whatever greens you like. Cover and allow to cook for about 2-4 more minutes. Ladle into bowls. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Ingredients

- 4 large poblano peppers
- 2 red bell peppers
- 2 tbsp olive oil
- 2 cups of chopped red onions
- 3 to 4 lbs pork butt
- Kosher salt and black pepper
- 1 tbsp ground cumin
- 8 large raw tomatillos
- 6 to 8 large cloves garlic
- 1 heaping cup fresh cilantro
- 1/2 cup lime juice
- 1 quart low-sodium chicken stock
- 12-oz bottle beer (any kind)
- 1/2 cup jarred sliced jalapenos
- Two 15-oz cans hominy, drained
- Flour tortillas or rice, to serve

1. Heat the oven to 400 F.

2. Place poblano and bell peppers on rimmed baking sheet and roast in oven until they blister, 20 minutes, using tongs to turn halfway through. Transfer bell peppers to heat-safe bowl, then cover bowl tightly with plastic wrap. Let peppers steam 10 minutes, then remove them and slip off the skins. Cut out stems, then remove and discard seeds. Finely chop the bell peppers. Set the poblanos aside.

3. Heat Dutch oven or heavy duty pasta pot over medium. Add olive oil and onions. Sauté for about 10 minutes, or until the onions become translucent.

4. Season pork with salt, pepper and the cumin. Add pork to the pot with the onions and brown on all sides.

5. Meanwhile, peel tomatillos and cut into quarters. In a blender, combine tomatillos, garlic, cilantro, lime juice, poblanos and 1 teaspoon salt. Purée for a few minutes or until liquefied. This may take a few tries and you may need to stir contents of blender a few times to make tomatillos and cilantro blend together. Set aside.

6. Once pork browns, add chicken stock, beer and the puréed tomatillo mixture. Stir well, then add jalapenos and reserved red peppers. Bring to boil, then reduce heat to a simmer. Simmer, stirring occasionally, for 2-3 hours, or until pork breaks into pieces easily and liquid has reduced by about a fifth. 30 minutes before stew is done, stir in hominy. THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF SOAKED, SLATHERED AND SEASONED.

NHL

Ramo burns Devils for shutout

For seven years, Miikka Kiprusoff was a constant in net for the Calgary Flames. Karri Ramo might be the next in line.

Ramo made 31 saves to record his second NHL shutout and Mark Giordano scored the only goal as the Flames topped the New Jersey Devils 1-0 on Monday night.

"He reminds me of (Kiprusoff)," Giordano said of Ramo. "His style is similar. They're quick guys. We really have a lot of confidence in our goaltending."

Calgary improved to 34-38-7 overall, including 16-20-4 on the road this season.

"It's just a hard-working group," Flames coach Bob Hartley said. "We're going to fight until the last second. I love this group."

Cory Schneider stopped 21 of 22 shots for New Jersey, which fell to 34-29-16. New Jersey's loss also allowed the New York Rangers to clinch a playoff berth.

Both Calgary and the Devils have three games remaining this season. The Devils are three points behind Columbus for the last playoff spot in the East.

"In my opinion, I think we're going to get one more chance (to make the playoffs)," New Jersey's Jaromir Jagr said. "It's too strange to finish like that. You've got to believe. It wouldn't make any sense to finish like that. We dominated. Just keep the faith and I think we're going to get one more chance in my opinion.

"We'll see if I'm right or wrong."

THE ASSOCIATED PRESS

Huskies' seniors tame young 'Cats

Shabazz Napier of the Connecticut Huskies drives to the basket against the Kentucky Wildcats on Monday night in Arlington, Texas. JAMIE SQUIRE/GETTY IMAGES

NCAA men's basketball. UConn wins its fourth national title thanks in part to Kentucky's trouble at the free-throw line

National title game

Connecticut	Kentucky
60	54

No conference wanted them. Several teammates and their coach left them. The NCAA kept them out for a year.

UConn won it all anyway.

Shabazz Napier turned in another all-court masterpiece Monday night to lift the Huskies to a 60-54 win over Kentucky's freshmen and a national title hardly anyone saw coming.

Napier had 22 points, six rebounds and three assists, and his partner in defensive lock-down, Ryan Boatright, finished with 14 points.

Napier kneeled down and put his forehead to the court for a long while after the buzzer sounded. The senior guard was wiping back tears when he cut down the net.

"You're looking at the hungry Huskies," Napier told the crowd and TV audience. "Ladies and gentlemen, this is what happens when you banned us."

Yes, it is only a short year since the Huskies were barred from March Madness because of grade problems. That stoked a fire no one could put out in 2014.

UConn (32-8) never trailed. The Huskies led by as many as 15 in the first half and watched the Wildcats (29-11) trim the deficit to one with 8:13 left. But Aaron Harrison, Kentucky's big-moment shooter in the last three games, missed a three-pointer from the left corner that would've given the 'Cats the lead. Kentucky never got closer.

One key difference in a six-point loss: Kentucky's 11 missed free throws — a flashback of sorts for coach John Calipari, whose Memphis team blew a late lead against Kansas after missing multiple free throws in the 2008 final.

The Wildcats went 13-for-24. UConn went 10-for-10, including Lasan Kromah's two to seal the game with 25.1 seconds left.

"We had our chances to win," Calipari said. "We're missing shots, we're missing free throws. We just didn't have enough."

THE ASSOCIATED PRESS

Quoted

"I've got a lot of heart and I wasn't coming out."

Connecticut guard Ryan Boatright on playing through an ankle sprain.

4 SPORTS

Scan the image using your Metro News app to view a photo gallery of Derek Jeter playing his final home opener.

Farewell Jeter tour in full swing

MLB. Yankees captain pleases Bronx crowd in home-opener win against rival Orioles

Derek Jeter rounds third base to score a run for the Yankees against the Orioles on Monday in New York City. ELSA/GETTY IMAGES

Derek Jeter arrived for his last Yankee Stadium opener fashionably early at 9:35 a.m., attired in a grey suit, white shirt, purple tie and black Prada lace-up shoes.

His performance, if not stylish, was memorable.

Jeter missed a home run by about two feet in Monday's 4-2 win over the Baltimore Orioles. After he left the batter's box slowly leading off the fifth inning, the ball hit off the "8" in the 318-foot sign in the left-field corner and Jeter hustled into second with a headfirst slide.

"I had to pick up the pace a little bit," he admitted. "Yeah, there were some guys laughing — until a couple of them hit some balls and the wind got them, too."

It was a rare mind cramp for a player known for hustle and an unfailing ability to be in the right place.

"Maybe you get caught up in opening day," he said. "You probably haven't seen it, probably won't see it again. But what can you (do)? I was safe. It would be a lot more embarrassing if I was out."

Jeter scored one run, sent another home with a double-play grounder on a 1-for-4 day and was applauded every time he came to bat and fielded a grounder to shortstop.

Quoted

"A lot of people get caught up in the disease of 'me.' Derek never fell in that."

Buck Showalter, Derek Jeter's first big-league manager

This was Jeter's first appearance in New York since announcing Feb. 12 that his 20th season will be his last. With the retirements of Jeter's No. 2 and former manager Joe Torre's No. 6 likely, the 48,142 adoring and slightly frosted fans on hand during a cool and overcast afternoon almost surely were the last to witness a single-digit pinstriped uniform on opening day.

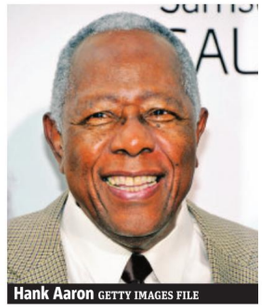
Seeing a business bonanza, the Yankees were selling jerseys with Jeter commemorative retirement patches, starting with replicas at $114.99 and going up to $240.99 for authentic models. Steiner Sports was hawking a game-used single cleat for $2,549.99 and game-worn jerseys at up to $25,000.

Jeter didn't have much hope of leaving the ballpark with any mementoes.

"I'm good taking the win," he said, "but Steiner Sports has the rest."

THE ASSOCIATED PRESS

Hammerin' Hank. Braves to fete anniversary of Aaron's home run record


Hank Aaron GETTY IMAGES FILE

Hank Aaron was more relieved than jubilant after he broke Babe Ruth's home run record on April 8, 1974.

The 40-year anniversary of his 715th homer provides a different perspective.

Aaron's record-breaking homer will be celebrated on Tuesday night before the Atlanta Braves' home opener against the New York Mets.

Hate mail and threats made it impossible for him to savour the chase of Ruth's revered record, but on Monday he said he'll enjoy the anniversary because such old friends as former teammate Dusty Baker will return for the pregame ceremony.

"I guess that's just about what it's all about, really," Aaron said in a telephone interview. "That's it. The moment itself has passed. The home run was hit and whatever else. It's just enjoying some moments with friends."

Aaron, 80, said he is pleased with his recovery from partial left hip-replacement surgery in February. He hurt his hip when he slipped on ice and said he's still in rehab, but can walk. THE ASSOCIATED PRESS

Basketball. Mourning among latest ballers elected to join HOF

Alonzo Mourning went to Georgetown to play basketball, not discover the world.

The six-foot-10 centre who won an NBA title with the Miami Heat was voted to the Naismith Memorial Basketball Hall of Fame on Monday.

Mourning was elected along with former NBA star Mitch Richmond and NCAA championship-winning coaches Nolan Richardson and Gary Williams. The women's team from Immaculata College, which won three straight national championships in the 1970s, also was chosen.

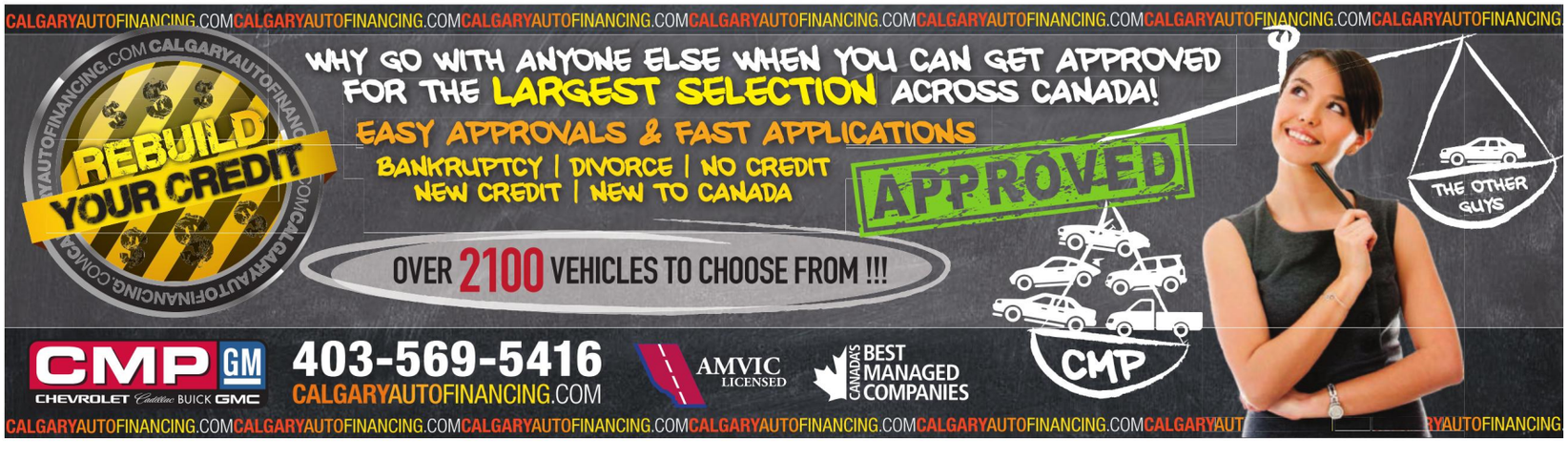
Quoted

"Never in my wildest dreams would I ever thought as a freshman that I would be sitting on the board of that university."

Georgetown alum Alonzo Mourning

They joined the previously announced class of 2014 that includes retired NBA commissioner David Stern. The induction ceremony is Aug. 8.

THE ASSOCIATED PRESS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Horoscopes

♈ Aries
March 21 - April 20
It's not always easy to get along with other people and today's Sun-Mars aspect will challenge you to be more accepting. From other people's point of view you are often the one making too much noise.

♉ Taurus
April 21 - May 21
It may seem as if your time and energy has been wasted but that's not true. By the end of the week you will realize you have gained in unexpected ways.

♊ Gemini
May 22 - June 21
Don't cling to ideas that are well past their sell-by date. They may seem comfortable now but later on they will hold you back. Time never stands still, and nor should you.

♋ Cancer
June 22 - July 23
It may at times appear as if life is conspiring against you but you know that isn't true. Most likely your negative thoughts are attracting negative events. Look for reasons to be cheerful today.

♌ Leo
July 24 - Aug. 23
Do you like a challenge? Of course you do. If you want to remain a contender, especially on the work front, you will need to up your game over the next two or three days. Winning is everything.

♍ Virgo
Aug. 24 - Sept. 23
Because you have something to prove you won't hesitate to make things happen over the next 24 hours. Not everyone will be happy that you have disturbed the status quo but for you it will be worth it.

♎ Libra
Sept. 24 - Oct. 23
Creative endeavors are under excellent stars, so if there is an artistic project you want to get started on don't wait. There is no such thing as the perfect time – the present moment is all you ever have.

♏ Scorpio
Oct. 24 - Nov. 22
Try not to take what you see and hear personally today, not even if others make it personal. Sometimes it's better to let annoying issues sail over your head.

♐ Sagittarius
Nov. 23 - Dec. 21
The planets indicate the more you are on the move the more likely it is you will meet new people and learn new things — and knowledge is the basis of real power.

♑ Capricorn
Dec. 22 - Jan. 20
Interesting opportunities are opening up but they will bring an increase in responsibilities too. You only have so much time and energy to spare, so use them carefully.

♒ Aquarius
Jan. 21 - Feb. 19
The efforts you have put in over the past few months will pay off in a big way eventually, so don't get disheartened if it seems you are not making much progress. A great transformation is taking shape.

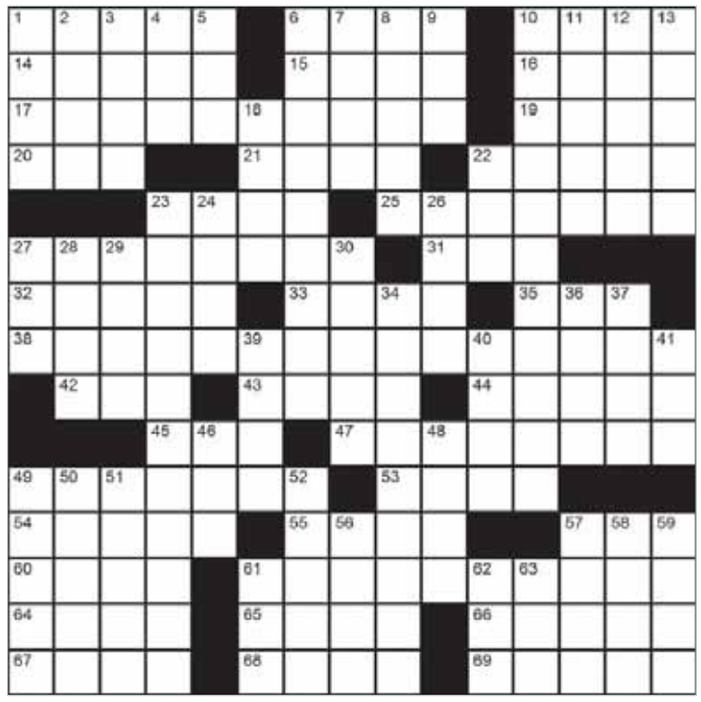
♓ Pisces
Feb. 20 - March 20
If someone needs your help today you will give it. However, after you have saved them yet again let them know you are tired of riding to the rescue. They need to take responsibility for themselves.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

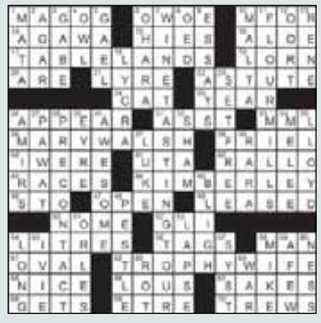
BY KELLY ANN BUCHANAN



Across
1. Caterpillar, for example
6. Ring stone
10. Baseball cheers-getters
14. Duck
15. I like = J'__
16. "In _ __!" (I'm almost done!)
17. "North of 60" is an item on this Canadian singer/actor's resume: 2 wds.
19. Moon goddess
20. She's a sheep
21. Panache
22. 19th-century French composer, Georges __
23. Susan Aglukark's "__ Na Ho (Celebration)"
25. 'Colored Sands' technical death metal band from Quebec
27. __ Bay, N.S.
31. Brit's bathroom
32. Poison
33. Twofold
35. Ms. Vardalos
38. Measurers of public support in politics: 2 wds.
42. 'S' in SPCA [abbr.]
43. "__ __ sure you're aware..."
44. The __ (International Court of Justice site)
45. Enterprise's letters
47. France/Spain mountains
49. __ Salamander (Eastern Canada creature)
53. Mr. Stiller's
54. Garbage
55. Land unit
57. Mr. Kilmer
60. Strait of Belle __
61. Montreal __ __ (Pantry item)
64. Prophet
65. "The __ Wing"
66. Elliptical path
67. __ d'oeuvre
68. Ballpark figs.
69. Requires

Down
1. Behind
2. Affirm
3. Eternal City
4. Vikram __ (Celebrity chef based in Vancouver)
5. U.S. tooth doc's org.
6. MLB team in Calif., __ _'_
7. Tower of note
8. In with
9. "Dancing with the Stars" middle-chair judge
10. Halifax people
11. Vehicles-manufacturing company based in Tokyo
12. Dogma
13. Sings a bit of jazz
18. Wrestler, John __
22. Richie, to Joanie [abbr.]
23. Canadian coiffure chain, First Choice __
24. "There __ __ time left."
26. Stewpot
27. Harper Valley gr.
28. Crops
29. Montreal baseball player, once
30. Spring flower
34. Soldiers' kids, colloquially: 2 wds.
36. William __ (1953 Pulitzer-winning playwright for Picnic)
37. Chill
39. Flowers displayer
40. Subsequently
41. Author Ms. Hinton's
46. Sault __. Marie, ON
48. Stink
49. Basketball-in-basket sound
50. Lovely stroll
51. Saskatchewan town
52. Schedule times
56. "__ magnifique!"
57. Feeling
58. __-tongued
59. Permits
61. Stockholm is its cap.
62. Ben, to Brian
63. __-game show

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

5					9	3	7	
	1			5		6	8	
8			3					5
				9			4	7
		1				5		
2	8			3				
3					1			9
	5	4		2			6	
	6	9	8					4

Yesterday's Sudoku

1	3	9	8	4	5	6	7	2
4	8	6	2	1	7	3	9	5
5	2	7	3	6	9	4	8	1
7	4	1	6	2	8	9	5	3
2	5	3	4	9	1	8	6	7
9	6	8	7	5	3	1	2	4
8	7	2	1	3	6	5	4	9
3	9	4	5	8	2	7	1	6
6	1	5	9	7	4	2	3	8

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 19° MIN: 6°	MAX: 9° MIN: 0°	MAX: 11° MIN: -2°

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